

Founder's Day At NCCU



GOVERNOR CUTS RIBBON—Chairman of the Board of Trustees, North Carolina Central University, William A. Clement looks on as Mrs. C. C. Spaulding, Jr., assists Governor James B. Hunt in cutting ribbon following the dedication of the NCCU Art Museum on Friday, November 4 (Photo by Kelvin A. Bell).



DR. SELMA BURKE, (right) whose sculpture of President Franklin D. Roosevelt was the model for the Roosevelt dime, is congratulated by Dean of the Graduate School, Dr. Joseph Pittman, following conferring of degree of Doctor of Fine Arts on Friday, November 4. (Photo by Kelvin Bell).



NCCU FOUNDER'S DAY HONOREES — (L-R foreground), Drs. William E. Farrison, Marvin Duncan, Director, Learning Resource Center, Miss Pauline F. Newton, Romare Bearden, painter, Joseph Pittman, Dean, Graduate School; and Selma Burke, sculptor, applaud members of the Shephard family (standing rear) during Founder's Day ceremonies at NCCU. (Photo by Kelvin A. Bell).



FOUNDER'S DAY CEREMONIES at North Carolina Central University on Friday, November 4, were well attended by the University community. Here, some watch during opening ceremonies of the Art Museum. (Photo by Kelvin A. Bell)

Microwave Cooking Saves Time & Energy



With all the emphasis pointing to our dwindling energy resources, today's homemaker can do her part in conserving energy through programmed microwave cooking.

Continuous testing by Frigidare home economists has proved that many foods can be cooked in up to 75 percent less time than it takes with a conventional range. With the addition of a "memory" feature in a new electronic Touch-N-Cook microwave oven, a homemaker, with the touch of her finger, can program the unit to change its setting automatically.

For example, the homemaker can set the controls to defrost for a certain length of time. At the end of the defrost period, the oven allows for a holding time, then it will cook the food at the preset power level and cooking time, or the preset cooking time and speed.

Every recipe developed for microwave cooking has been timed to minutes and seconds. However, a microwave oven is more than just a super-fast energy saving cooker. Its versatility seems limited only by the homemaker's own ingenuity in solving mealtime problems. Here's a 10 minute recipe:

- Asparagus Ham Bundles**
- 8 slices (8-oz pkg) thin-sliced boiled ham
 - 4 slices (6-oz pkg) Swiss cheese
 - 1 can (15 oz) green asparagus spears, drained
 - 1 can (11 oz) condensed Cheddar cheese soup
 - 2 tablespoons water
 - 1/4 teaspoon celery salt
 - Sliced almonds
1. Separate ham slices and lay them on a flat surface. Cut each cheese slice in half crosswise, and place atop each ham slice. Top each with 2 to 3 asparagus spears. Roll and place in a single layer, seam side down, in a 12x7 1/2-inch glass baking dish.
 2. Combine soup, water, and celery salt; spoon evenly over asparagus-ham rolls. Cover with plastic film.
 3. Microwave on Medium for 8 to 10 minutes. Pierce a hole in the film for steam to escape. Sprinkle with almonds and serve.
- YIELD: 4 to 6 servings.**

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\$500	1	1	1
\$250	1	1	1
\$100	1	1	1
\$50	1	1	1
\$25	1	1	1
\$10	1	1	1
\$5	1	1	1
\$2	1	1	1
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